

Broccoli-Cheese Soup

Ingredients:

1 Tbsp (15mL) butter

1 lb (454g) broccoli, florets roughly chopped into 1 inch (2.5cm) pieces, stems trimmed, peeled, and cut into ¼ inch (5mm) thick slices

½ medium onion, roughly chopped

1 medium garlic clove, minced

¾ tsp (3mL) dry mustard powder

Pinch cayenne pepper

1 ½ - 2 cups (375-500mL) water

1/8 tsp (0.5mL) baking soda

1 cup (250mL) low sodium vegetable broth

1 loosely packed cup (250mL) baby spinach

1.5oz (100mL) shredded sharp cheddar cheese

¼ cup (50mL) finely grated parmesan cheese plus more for serving

Ground black pepper

Method:

1. Heat butter in a saucepan over medium high heat. When foaming subsides, add broccoli, onion, garlic, dry mustard, cayenne, and ½ tsp (2mL) salt. Cook, stirring frequently, until fragrant, about 6 minutes. Add 1 cup (250mL) water and baking soda. Bring to simmer, cover, and cook until broccoli is very soft, about 15 minutes, stirring once during cooking.
2. Add broth and ½ cup (125mL) water and increase heat to medium high. When mixture begins to simmer, stir in spinach and cook until wilted, about 1 minute. Blend soup with an immersion blender, or transfer to a blender and process until smooth. Place back in saucepan. Add cheddar and parmesan and stir until melted. Continue to heat over medium heat until soup comes back to a simmer. Adjust consistency of soup with up to ½ cup (125mL) water. Season to taste with salt and pepper. Serve, passing extra parmesan separately.

Serves 3 to 4. Adapted from: <https://www.americastestkitchen.com/recipes/6393-broccoli-cheese-soup>